



Video Transcript

Tapping To Raise Your Vibes

Hello, I'm Emily Simimi. I'm here with Gaia Goddess. And today we are tapping to raise your vibes. And in order to get really high vibes, we also have to acknowledge if there's anything that's low vibe. So we're going to bring that up to the surface and then we'll start to integrate those higher vibes. So let's start with the karate chop. Tap there. Take a deep breath.

It can be hard to feel higher vibes.

I get so in my head sometimes.

And this causes me to feel low.

I really wish I could just raise my vibration easily.

But when people or things affect my energy,
it feels impossible.

And sometimes it's easy.

to those low levels,

but I don't want to feel those low vibes.

I want to feel like it's easy for me to climb up
and to experience higher vibrations.

And this raises my vibration.

I feel at calm. I feel at peace and calm.

Being in this energy feels so good.

It feels balanced.

And now, take a deep breath in.

And exhale out, let it go.

Check in to see how your body feels.

Are your vibes raised? Do you feel like you feel more expansive, more energized?

You feel more positive. Take notice of that. And then if you don't fully feel like that, that's okay. Just return back to this.
Thank you so much for watching and sending you so much love.